

# LIVING Better

A VA Butler Healthcare Quarterly Magazine

winter 2013



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no means **no!**

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# VA BUTLER HEALTHCARE'S WINTER HIGHLIGHTS



**1** Phase three – the final phase of construction – for VA Butler's new Community Living Center (CLC) is well underway and will include 60 private rooms once completed! Stay tuned.

**4** U.S. Marine Corps Veteran Edward Arnold visited with Santa (David Brown) during the annual Adopt-a-Veteran program held every holiday season.

**7** VA Butler's Recreation Therapy Staff organized the 190 Christmas presents donated by St. Catherine of Siena Parish for our Veterans. It was a great holiday season for all our Veteran residents.

**2** VA Butler's Federal Women's Committee hosted an Educational Fair in December with 20 colleges and universities on-site. Information was available about educational opportunities for Veterans and VA employees.

**5** The local Trout Unlimited (TU) Chapter came to VA Butler to teach Veterans how to tie flies as part of the national "Healing Waters" program. The goal is to later take a fishing trip and use the flies the Veterans tied.

**8** VA Butler Healthcare celebrated *National Salute to Veteran Patients Week* February 10-16, 2013. Special guests, activities, and Valentines for Veterans were part of this week-long event!

**3** VA Pre-Registration staff members Terri Doctor-Fratto and Janice Nulph, along with Chief of Staff Dr. Burke officially cut the ribbon to open the new registration and enrollment area at VA Butler Healthcare.

**6** VA Butler's Women Veterans Program, VFW District 25 Ladies Auxiliary, and the Paul W. Wood VFW Post 7840 hosted the annual Women Veterans Christmas Program and Tea in December.

**9** VA Butler hosted a *Go Red for Women* event in February to support the fight against heart disease. The event included a 'Veterans Go Red' session where Veterans talked why about they "Go Red!" every year.



# C O N T E N T S

Winter 2013



*Dear Veterans, fellow employees, volunteers and friends of VA Butler Healthcare,*

*The winter cold has not stopped us from progressing with some exciting programs, healthy living events, and HCC construction at VA Butler Healthcare! A new Veterans Treatment Court in Beaver County launched in January, the Healthy Living Food Drive and Go Red for Women events helped our Veterans start off the New Year healthier, and design of the new HCC is progressing, with the official groundbreaking scheduled for this spring! Our goal for 2013 – to not only provide exceptional health care, but to truly make our Veterans' lives better.*

John Gennaro, Director



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## **Off the Street – Housing First Approach for HUD-VASH Program**

The HUD-VASH Program is now using the Housing First Approach to assist Veterans, like U.S. Army Veteran Mark Brown, who recently moved into his new home in Lawrence County thanks to his HUD-VASH voucher.



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## **No Means NO! – VA Treatment Available for MST**

**Recovery from MST is possible.** VA Butler offers several types of treatment to help Veterans recover, and *all* VA treatment related to MST is free.



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## **Not Your Typical 4 Seasons – Traveling Less with New Telehealth Programs**

VA Butler Healthcare is expanding access to care through telehealth. What does this mean for you? Less travel to Butler and Pittsburgh! Read about the newest telehealth programs available.



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## **Health Tech, Tips, & Tastes**

What's new and interesting in the world of health technology? Find out! Also enjoy a health tip and tasty winter recipe.

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Nicole Fleeger

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U.S. Army Veteran Mark Brown moved into his new home thanks to VA Butler's Homeless Team and the HUD-VASH Program.





## HOUSING FIRST APPROACH FOR HUD-VASH PROGRAM

# OFF THE STREET

**U.S. Army Veteran** Mark Brown experienced unemployment, anxiety attacks, and homelessness before he called VA Butler Healthcare's homeless Veteran program for support and assistance. "I had nowhere to live – I lived in campsites, in basements, and abandoned houses until I found a pamphlet about VA's homeless program and made a few calls."

Mark moved into his new home in Lawrence County this past October. "VA's team helped me get back on medication for my anxiety, helped me with food, and introduced me to the HUD-VASH program." HUD-VASH – the Department of Housing and Urban Development – VA Supportive Housing Program – is a joint effort between HUD and VA to move Veterans and their families out of homelessness and into permanent housing. HUD provides housing assistance through its Housing Choice Voucher Program that allows homeless Veterans to rent privately-owned housing.

Today Mark is enjoying living in his new home. He continues his medical care at VA Butler Healthcare, and even plans to start a new school program. "The VA has been helpful with everything, and they got me off the street! The constant calling by VA Butler's homeless team was the most helpful – they really care. I don't know where I'd be without them."

Like Mark, many Veterans who experience homelessness have multiple issues, ranging from mental health issues like depression and anxiety to substance abuse or unemployment. Perhaps the greatest problem though is no place to live. Housing First, a proven method for ending chronic homelessness that began in 1992, is an approach that centers on providing homeless Veterans with housing quickly and then providing services as needed. VA Butler Healthcare is now using the Housing First approach for the HUD-VASH Program.

The Housing First approach differs from other strategies because there is an immediate and primary focus on helping Veterans and families to quickly access and sustain permanent housing. This approach has the benefit of being consistent with what most people experiencing homelessness want and seek help to achieve.

"Housing First is an effective and proven approach to meet the needs of homeless Veterans," said VA Butler's Homeless Program Coordinator Dan Slack. "Once housed, Veterans receive comprehensive VA support and treatment services so that he or she can achieve a greater quality of life, improved health outcomes, and long-lasting strides to recovery."

Housing First also eliminates the need for costly shelter care and transitional and short-term treatment services aimed at preparing Veterans to be "housing ready or housing worthy." Studies demonstrate that Housing First reduces visits to the emergency room, and unscheduled mental health or medical hospitalization. It also decreases the frequency and duration of homelessness.

VA Butler Healthcare is committed to ending Veteran homelessness. VA Butler provides a range of services to homeless Veterans, including health care, housing, job training, and education. Veterans who are homeless or at-risk for homelessness may contact the VA National Call Center for homeless Veterans at 877.4AID-VET. For more information about VA Butler's Homeless Program, contact 800.362.8262, ext. 2439. ★

# NO MEANS NO

## VA Treatment Available for MST

**Military sexual trauma (MST)** is the term that the VA uses to refer to sexual assault or repeated, threatening sexual harassment that occurred while the Veteran was in the military. MST includes any sexual activity where someone is involved against his or her will – he or she may have been pressured into sexual activities, may have been unable to consent to sexual activities, or may have been physically forced into sexual activities. Other experiences that fall into the category of MST include unwanted sexual touching or

grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening or unwelcome sexual advances.

It's important to know that MST can occur on or off base, and while a service member is on or off duty. Perpetrators can be men or women, military personnel or civilians, superiors or subordinates in the chain of command. They may have been a stranger, or even a friend or intimate partner. Veterans from all eras of service have reported experiencing MST.

### ***If you are a Veteran and have MST, here are some things you should know:***

- All VA treatment for physical and mental health conditions related to MST is free
- Veterans do not need to be service-connected (have a VA disability rating) to have reported the abuse at the time it occurred or to have other proof of MST in order to receive free care for MST-related conditions
- There are no time limits for being eligible for free, MST-related care, which means Veterans can seek treatment even many years after discharge
- Veterans may be eligible for free, MST-related care even if they are not eligible for other VA services
- Every VA health care facility has an MST Coordinator who can answer questions you might have about VA's MST-related services and help you access VA programs
- Every VA health care facility has providers knowledgeable about treatment for problems related to MST. Many facilities have specialized outpatient mental health services focusing on sexual trauma. Vet Centers also have specially trained sexual trauma counselors

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"Going through a sexual assault is bad enough. Then to have this happen to me in my job as a soldier; it was really difficult because what happened to the unit support? Your fellow soldiers are supposed to have your back."

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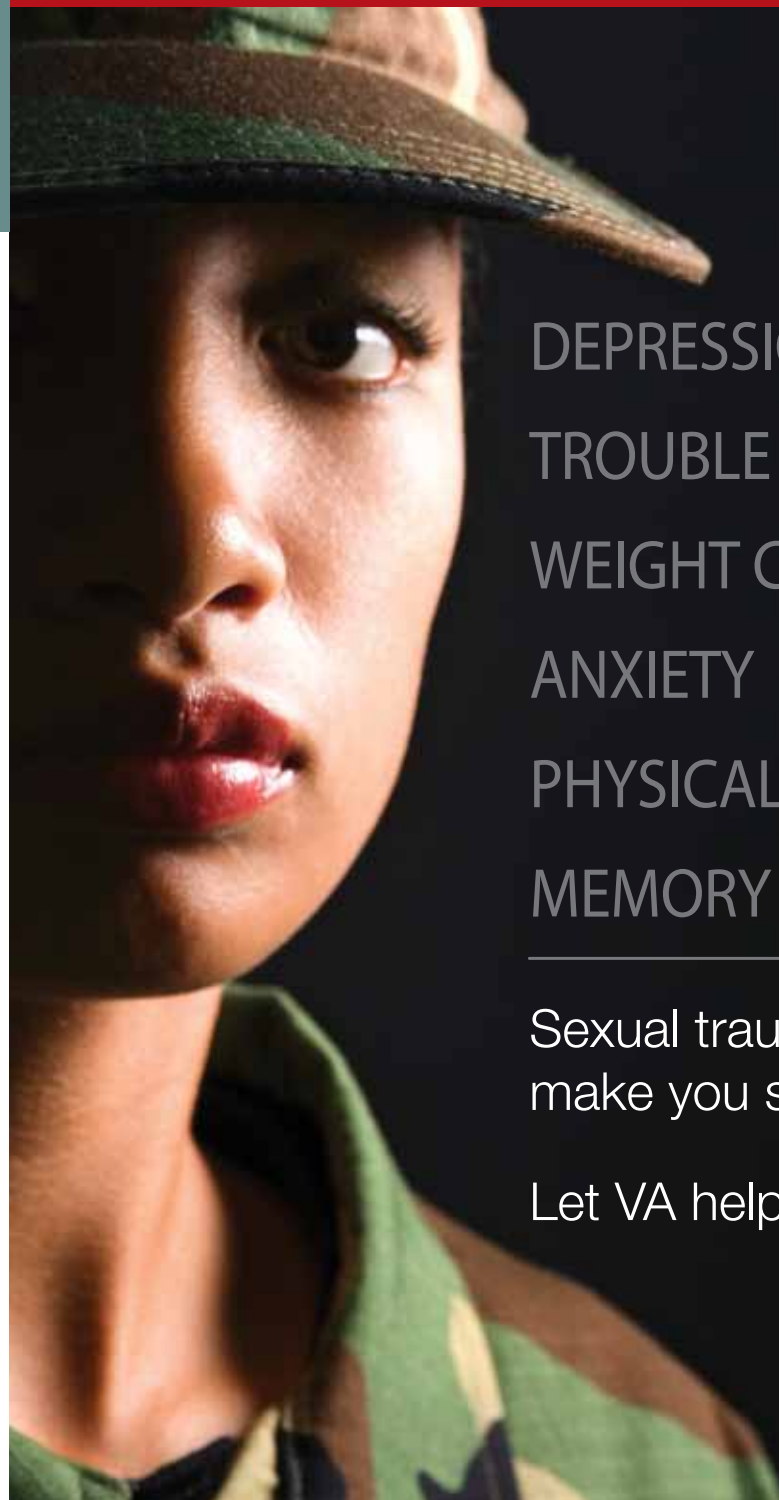
While MST can be a very difficult experience, **recovery is possible**. Treatment can help improve quality of life by focusing on strategies for managing emotions and memories or, for Veterans who are ready, involve actually talking about their MST experiences in depth.

"MST is often about disconnection and betrayal. Trauma separates and isolates, but healing can reconnect Veterans to themselves and others," said VA Butler Healthcare's MST Coordinator Rowan Flamm.

VA has almost two dozen programs nationwide that offer specialized MST treatment in a residential or inpatient setting. These programs are for Veterans who need more intense treatment and support. Because some



VA Butler's MST Coordinator  
Rowan Flamm



Veterans do not feel comfortable in mixed-gender treatment settings, some facilities have separate programs for men and women. All residential and inpatient MST programs have separate sleeping areas for men and women.

VA Butler offers several types of treatment, including Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) Therapy. Acceptance and Commitment Therapy will be available soon. "Trauma can displace a Veteran from the present time. It can linger and continue to affect them indefinitely. One goal of therapy is to process the trauma in such a way that the Veteran begins to live fully in the present, neither trapped in the past nor fearing the future," said Flamm.

For more information, Veterans can contact VA Butler's MST Coordinator Rowan Flamm at 800.362.8262, ext. 2498 or [Susannah.Flamm@va.gov](mailto:Susannah.Flamm@va.gov). Veterans can also call VA's general information hotline at 800.827.1000. *Remember, we're here for you...and recovery IS possible. ★*

"I remember the faces, the words, the smells, the negative, the unwarranted, unsolicited touches. I remember all of that. And I have friends who also are Veterans and went through worse than I did."

DEPRESSION

TROUBLE SLEEPING

WEIGHT CHANGE

ANXIETY

PHYSICAL PAIN

MEMORY LOSS

Sexual trauma can make you sick.

Let VA help.

★ *You served, you deserve the best care anywhere.* ★



Department of  
Veterans Affairs

[www.publichealth.va.gov/womenshealth](http://www.publichealth.va.gov/womenshealth)

Women Veterans Health Strategic Health Care Group, VACO 04/2010



Telehealth allows VA providers and Veterans to meet for health services without physically being in the same place.

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**It's been said** that Western Pennsylvania does not have your typical four seasons (spring, summer, fall, winter). Rather, this area experiences its own unique four seasons: fall, winter, more winter, and construction. Whether it is the cold and snow, or the bumper-to-bumper construction traffic, traveling can often be long and unpleasant. *The good news?* VA Butler Healthcare is working hard to expand access to care through telehealth. *What does this mean for you?* Less travel to Butler and Pittsburgh. We're bringing health care closer to you.

The Veterans Health Administration (VHA) is the nation's leader in telehealth technologies, which means providers and patients can meet for health services without physically being in the same place. For instance, Clinical Video Telehealth (CVT) gives patients and providers the opportunity to conduct several aspects of medical examinations that do not require in-person visits. Veterans are able to visit a VA clinic near their home, connect to medical centers through videoconferencing, and transfer medical information by way of specially-designed telecommunications equipment.

# NOT YOUR TYPICAL 4 SEASONS

TRAVELING LESS WITH  
NEW TELEHEALTH PROGRAMS



Some of the newest CVT programs provided at VA Butler Healthcare include:

- **Tele-Amputee Clinic.** VA Butler Healthcare, together with the Louis A. Johnson VA Medical Center (Clarksburg, WV) assists Veterans who have had limb amputations and need assistance with the fitting of and/or issues/problem related to their artificial limbs. Veterans residing in Clarksburg, WV are seen via CVT at Butler instead of traveling to Pittsburgh.
- **Tele-Anticoagulation Program.** This program assists Veterans receiving blood thinning products from VA at the Mercer and Lawrence Community-Based Outpatient Clinics (CBOCs). New for 2013 – this service will be available at all five of VA Butler's CBOCs!
- **Tele-Women's Health.** Female Veterans living near VA's five CBOCs are able to receive some of their women's health care services (i.e., education, test results, appointment follow-ups, etc.) through telehealth instead of traveling to Butler or Pittsburgh for care.

- **Tele-Palliative Care.** Veterans and Caregivers have the opportunity to discuss Palliative Care topics and ask questions face-to-face at any of VA Butler's CBOCs without traveling to the main facility in Butler.
- **Tele-Speech Therapy.** Speech therapy services – diagnosis and treatment for speech, language, cognitive and swallowing disorders – are provided to Veterans living near the CBOCs, reducing travel to Butler and Pittsburgh for these services.

Two of the newest telehealth programs VA Butler Healthcare is working on for 2013 include providing CVT health care services to Veterans at Tomorrow's Hope, a transitional housing program for homeless Veterans, as well as coordinating Tele-advanced Wheelchair Fitting with the Wilkes-Barre VA Medical Center. Stay tuned for more information on these (and more!) new, exciting telehealth programs.

Interested in a VA telehealth program? Talk with your health care team at VA Butler Healthcare, call VA Butler's Telehealth Coordinator at 724.477.5037, or visit [www.telehealth.va.gov](http://www.telehealth.va.gov) to learn more. ★

# TELEHEALTH CART

**This is not** your average cart – it's the Telehealth Cart at the Lawrence County Community-Based Outpatient Clinic (CBOC) that is currently being used to provide Teledermatology services and CVT services. This telehealth cart provides opportunities for remote clinic care, specialty consults, home health care, and more! It is another new and exciting way VA is expanding its reach while containing costs, increasing convenience, and improving access. ★



[www.telehealth.va.gov](http://www.telehealth.va.gov)

### Meet Our Lawrence County Doctors

Lawrence County VA Outpatient Clinic  
Ridgewood Professional Centre, 1750 New Butler Road  
New Castle, PA 16101  
Phone: 724.598.6080

Conveniently located on Business Route 422 east of New Castle, the clinic provides primary care, physical exams, tobacco cessation counseling, pharmacy counseling, routine laboratory, telehealth services (Tele-Derm, Tele-Retinal Imaging, and Tele-MOVE!), My HealtheVet, women's health care, social work services, palliative care, podiatry, and outpatient behavioral health services. Transportation assistance is also available to Veterans.

#### Benjamin John

Dr. John is Board Certified in Internal Medicine and Geriatric Medicine. He also has training experience in Psychiatric Medicine, and did some of his training at the Wilkes-Barre VA Medical Center. Dr. John has worked at VA Butler Healthcare for the past 18 years.

*"I have enjoyed working with Veterans all these years – the people I work with have been very good to me. I believe it is a privilege and an honor to serve Veterans."*

#### Lillian Jordan

Dr. Jordan graduated from the University of Cincinnati College of Medicine. She is Board Certified in Internal Medicine and has been working for the VA since 1987.

*"Caring for Veterans is my way of giving back. The Veterans of Lawrence County welcomed me in a very gracious, warm manner that was very humbling for me. I feel that it is an honor and a privilege to work for them."*

### Volunteer Drivers

**Last year, VA** Butler Healthcare's 60 volunteer VA drivers provided 13,462 hours of service transporting 3,330 Veterans. Volunteer drivers provide a valuable service by transporting Veterans to and from their VA appointments via donated vehicles from the Disabled American Veterans (DAV) organization.

A little late on making your New Year Resolution? Do something worthwhile – volunteer. Consider volunteering as a VA driver in 2013 to our Veterans in Armstrong, Butler, Clarion, Lawrence and Mercer Counties. You can volunteer once a week or once a month, whichever you prefer!

For more information on how you can get started, please contact Paula McCarl, Voluntary Services Coordinator, at 724.285.2575.

*"Volunteering is a very rewarding experience. I spend hours helping and getting to know other Veterans, volunteers, and staff – and am honored to get to know each and every one of them. Volunteering has also helped to show me just how compassionate and highly-skilled the care VA provides is. The entire VA community here goes above and beyond to help with anything you may need."*

U.S. Army Veteran Bob Thiry





VA Leadership and staff meet to plan the new HCC design.

## Health Care Center (HCC) UPDATE

**Construction job trailers** have arrived for the new Health Care Center (HCC), and construction is expected to begin this spring. It is estimated that construction will be completed in summer 2014, with activation in 2015.

Site preparations for the new HCC are ongoing, with the timbering now complete. Department programming sessions are also ongoing. These sessions will quantify the items needed for the activation of the building, the mechanical, electrical and plumbing designs, and overall construction. *Stay tuned for more details about the upcoming groundbreaking ceremony this spring!*

Learn more about VA Butler construction projects and updates at [www.butler.va.gov/news/building.asp](http://www.butler.va.gov/news/building.asp). ★



## New Fitness Classes

### Beginning February

**11, 2013**, VA Butler's Health Promotion & Disease Prevention Program is offering new, free Veteran fitness classes Mondays, Wednesdays, and Fridays from 4:30-5:30pm. Put on your exercise clothes, bring a towel and bottle of water, and get ready to get fit!

Veterans should pre-register before attending classes by contacting the HPDP Program Manager at 724.285.2292 (*Provider permission is required for Veterans to participate in these classes*). ★

## Go Red!

**February 1, 2013**, marked the 10th Anniversary of the American Heart Association's **Go Red For Women** movement – 10 years of fighting to save women's lives from heart disease. While the progress has been significant, there's a long way to go! Here's why:

- Heart disease is **still** the No. 1 killer of women, causing one in three deaths each year.
- Heart disease kills more women than men, at an average rate of one death per minute.
- Heart disease kills more women than all kinds of cancer combined.

VA Butler Healthcare hosted its **Go Red For Women** event on February 1 to support the fight against heart disease in women Veterans. The event included live healthy cooking and



exercise demonstrations, a stress management presentation focusing on Yoga and Tai Chi, a 'Veterans Go Red' feature session, and information on VA programs such as, Tobacco Cessation, Health Promotion & Disease Prevention, Women Veterans Health Care, *MOVE!*, and My HealtheVet.

To learn more about heart health and taking healthy steps to improve heart health, Veterans may talk to their VA health care team or visit [www.goredforwomen.org](http://www.goredforwomen.org). ★

SHARING  
STORIES  
AND NEWS  
FROM  
VETERANS  
TO  
VETERANS

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# Vet Chat



## VA's Veteran Employees Give Back

**Every day, in** many ways, Veterans are giving back – whether it is to other Veterans, the community, or national and international charities. U.S. Navy Veteran and VA's Fileroom Clerk Michael Sleighter recently received a Community Leadership Award from the Woodsman Organization for an Annual Youth Day he organizes for his church. U.S. Navy Veteran and VA Medical Service Assistant Carla Russell and U.S. Air Force Veteran and Voluntary Services Coordinator Paula McCarl were recently recognized with CFC Hero Awards for their hard work and success during the 2012 Combined Federal Campaign (CFC). CFC is the world's largest and most successful annual workplace charity campaign. ★

## Veterans Give Back

### VA Butler Healthcare

celebrated *National Salute to Veteran Patients Week* February 10-16. Across the nation, VA employees, volunteers, fellow Veterans and communities joined together to say **thank you** to the more than 98,000 Veterans of the U.S. armed services who are cared for every day at VA.

*National Salute to Veteran Patients Week* is all about giving back, and U.S. Navy Veteran Norm Carpenter is just one of the many Veterans who gives back regularly to fellow Veterans as a VA Butler Healthcare volunteer.

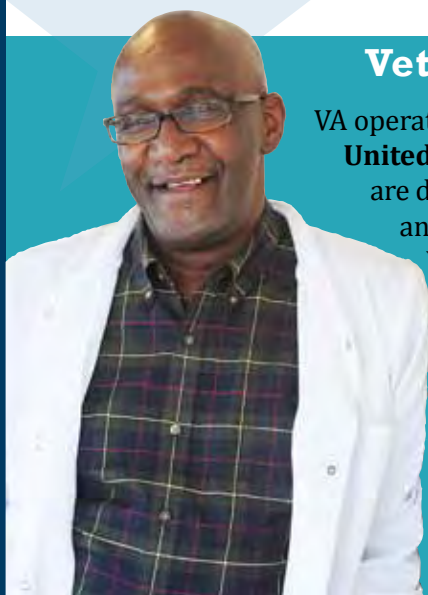
Norm served from 1964 to 1974 as an aviation fire control technician, testing and maintaining airborne bombing and missile systems. In 1969, he deployed to Vietnam on the USS Kitty Hawk, and in 1970 and 1971 he deployed to the Mediterranean Sea aboard the USS Independence. He is also a "Blue Nose" – he crossed the Arctic Circle.



**Norm Carpenter**  
U.S. Navy Veteran

Norm first came to VA Butler Healthcare in February 2010 to learn more about the VA Volunteer Program, and he has been volunteering ever since! "My father was a WWII Veteran and I have many relatives who have served. I felt I could honor their service by volunteering to help current Veterans. I like being able to assist Veterans – giving something back to those who have sacrificed so much."

*For more about volunteer opportunities at VA Butler Healthcare, contact Voluntary Services at 724.285.2575. ★*



## Veterans Serving Veterans

VA operates one of the **largest health care systems in the United States**. VA employs highly trained professionals who are dedicated to providing top quality health care to Veterans, and many are Veterans themselves! Currently over 30% of VA Butler Healthcare's employees are Veterans.

**"I choose to work for VA because I have come to respect the VA as the best and most forward-thinking health care system in this country. More importantly, working for the VA affords me the opportunity to serve Veterans, Veterans who have earned and deserve the best!"**

**Navy Veteran and VA Employee  
Eddie McCray**



# Health Quiz: cholesterol AND HEART DISEASE

**Heart disease is** the #1 killer of men and women in the United States. Talk with your VA Butler health care team today about taking a step for heart health! *How heart smart are you?* Test your cholesterol knowledge with the following true/false statements.

1. High blood cholesterol is one of the risk factors for heart disease that you can do something about.

TrueFalse
2. To lower your blood cholesterol level you must stop eating meat altogether.

TrueFalse
3. Any blood cholesterol level below 240 mg/dL is desirable for adults.

TrueFalse
4. Fish oil supplements are recommended to lower blood cholesterol.

TrueFalse
5. To lower your blood cholesterol level, you should eat less saturated fat, total fat, and cholesterol, and lose weight if you are overweight.

TrueFalse
6. Saturated fats raise your blood cholesterol level more than anything else in your diet.

TrueFalse
7. All vegetable oils help lower blood cholesterol levels.

TrueFalse
8. Lowering blood cholesterol levels can help people who have already had a heart attack.

TrueFalse
9. All children need to have their blood cholesterol levels checked.

TrueFalse
10. Women don't need to worry about high blood cholesterol and heart disease.

TrueFalse
11. Reading food labels can help you eat the heart healthy way.

TrueFalse

## Cholesterol and Heart Disease

### Health Quiz Answers

- 1 True

2 False

3 False

4 False

5 True

6 True

7 False

8 True

9 False

10 False

11 True

Source: National Heart, Lung, and Blood Institute

Hey Veterans! Share your stories with us in Vet Chat. Email [amanda.kurtz2@va.gov](mailto:amanda.kurtz2@va.gov) or [lauren.heiger@va.gov](mailto:lauren.heiger@va.gov). We'd love to hear from you!

## Who's Who?

NICOLE FLEEGER

### Cholesterol Matters

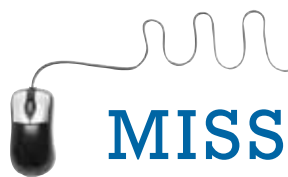
High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. As your blood cholesterol rises, so does your risk of coronary heart disease.

Even though high cholesterol may lead to serious heart disease, most of the time there are no symptoms. This is why it is important to have your cholesterol levels checked by your VA provider. It is recommended that all adults over age 20 have fasting cholesterol levels checked at least once every five years.

VA Butler Healthcare offers a Pharmacist-Managed Cholesterol Clinic that provides specialized attention and care to those with elevated cholesterol levels. Pharmacists may prescribe medications to lower cholesterol (if appropriate) and order follow-up lab work. Additionally, pharmacists will provide information about how diet and exercise can improve cholesterol numbers.

*Nicole Fleeger is a Clinical Pharmacist at VA Butler Healthcare. To learn more about the Pharmacist-Managed Cholesterol Program, please contact your VA Butler health care team.*





# technology MISSION REDEFINED:

## ENCOURAGING VETERANS WITH PHYSICAL DISABILITIES TO TAKE ON SPORTS

**The “Mission Redefined”** campaign, a joint effort by the U.S. Department of Veterans Affairs and U.S. Paralympics encourages Veterans and members of the Armed Forces with physical disabilities to get involved in sports to help open doors to new activities, enrich their lives, and get them moving forward.

Disabled Veterans of all ages and abilities report better health and a better quality of life when participating in adaptive sports. In fact, studies show that adaptive sports provide the following benefits for disabled Veterans:

- Less stress
- Reduced dependency on pain and depression medication
- Fewer secondary medical conditions (i.e., diabetes, hypertension)
- Higher achievement in education and employment
- Greater independence

Disabled Veterans are encouraged to take time to review the many sports opportunities available by reaching out to their VA health care team and checking out this website: [www.va.gov/adaptivesports/](http://www.va.gov/adaptivesports/). Veterans also have the opportunity to participate in annual, national Veteran sports programs, such as:

★ **The National Veterans Summer Sports Clinic** promotes rehabilitation of body and spirit by teaching summer sporting activities to Veterans with significant physical or psychological impairments. The clinic offers such sports as surfing, sailing, kayaking, track and field, and cycling.

★ **The National Disabled Veterans Winter Clinic** promotes rehabilitation by instructing Veterans with disabilities in adaptive Alpine and Nordic skiing and introducing them to a number of other adaptive recreational activities and sports.

★ **The National Veterans TEE Tournament** uses a therapeutic format to promote rehabilitation, fellowship and camaraderie among participants. The TEE tournament also provides legally blind and eligible disabled Veterans an opportunity to develop new skills through adaptive golf and bowling events.

★ **The National Veterans Wheelchair Games** is the largest annual wheelchair sports competition in the world. It promotes rehabilitation through competition in 17 different sports such as basketball, rugby, softball, handcycling and other sports.

VA Prosthetics procures adaptive sports equipment for Veterans from beginners to paralympians. VA is the largest and most comprehensive provider of prosthetic devices and sensory aids in the world. With products like artificial limbs, hearing aids, ramps and vehicle modifications, and devices that are surgically placed in the Veteran, such as hips and pacemakers, VA is providing comprehensive support that helps Veterans live healthier and more independent lives. Visit the Prosthetic and Sensory Aids Service page to learn about some of the amazing and innovative technology VA is using: [www.prosthetics.va.gov](http://www.prosthetics.va.gov). ★



## Red, White, and Green Grilled Cheese



### Ingredients

- 1 tsp garlic, minced
- 1 small onion, minced
- 2 cups frozen cut spinach, thawed and drained
- ¼ tsp ground black pepper
- 8 slices whole-wheat bread
- 1 medium tomato, rinsed, cut into 4 slices
- 1 cup shredded part-skim mozzarella cheese
- Nonstick cooking spray

Makes 4 servings

### Directions

Preheat oven to 400 °F. Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft. Add onions and cook until soft. Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and let cool. Assemble each sandwich with one tomato slice, ½ cup of spinach mixture, and ¼ cup of cheese. Bake sandwiches for 10 minutes, then flip and bake for an additional 5 minutes.

Calories: 254 ★ Total Fat: 8g ★ Cholesterol: 18mg ★ Carbohydrates: 29g

Source: National Institutes of Health

## Crossword

### Keep Your Mind Sharp

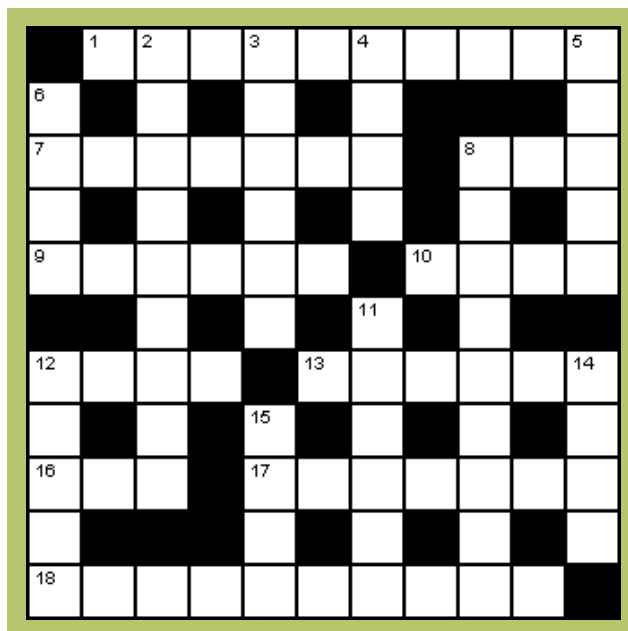
Scientists admit there is still so much we don't know about aging and the brain. But...studies have shown that the relationship between memory training (like the skills involved in crossword puzzles) and mental sharpness is strong. Activities that stimulate our minds, like crossword puzzles, reading, writing, and learning new things, help to keep our brains healthy!

#### ACROSS

1. Inverse
7. Curt
8. Crib
9. Sentinel
10. Hinge joint
12. Remedy
13. Cask
16. Mythical bird
17. Fishing boat
18. Duty

#### DOWN

2. Bizarre
3. Disregard
4. Wealthy
5. Nimble
6. Arithmetical operation
8. Lowest female singing voice
11. Empty
12. Freight
14. Entice
15. Male deer



## HEALTH

# tip

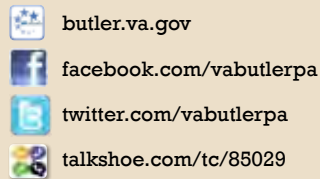
### ENJOY THE BENEFITS OF YOGURT

Research suggests that yogurt may help prevent osteoporosis, reduce your risk of high blood pressure, and aid gastrointestinal conditions. When buying, think low-fat, make sure the yogurt contains active cultures and vitamin D, and keep tabs on sugar content. Now, enjoy!





325 New Castle Road  
Butler, PA 16001  
800.362.8262  
724.287.4781



**ARMSTRONG COUNTY VA OUTPATIENT CLINIC**  
Klingensmith Building  
313 Ford Street, Suite 2B  
Ford City, PA 16226  
724.763.4090

**CLARION COUNTY VA OUTPATIENT CLINIC**  
AC Valley Medical Center  
855 Route 58, Suite One  
Parker, PA 16049  
724.659.5601

**CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC**  
Freedom Square  
1183 Freedom Road, Suite A101  
Cranberry Township, PA 16066  
724.741.3131

**LAWRENCE COUNTY VA OUTPATIENT CLINIC**  
Ridgewood Professional Centre  
1750 New Butler Road  
New Castle, PA 16101  
724.598.6080

**MICHAEL A. MARZANO VA OUTPATIENT CLINIC**  
295 North Kerrwood Drive, Suite 110  
Hermitage, PA 16148  
724.346.1569

**VA Butler Healthcare**, located in Butler County, Pennsylvania **has been attending to** Veteran's total care since 1947. We are the **health care choice for** over 18,000 Veterans throughout Western **Pennsylvania and parts** of Ohio and are a member of VA Healthcare **VISN 4 under the U.S.** Department of Veterans Affairs. VA Butler provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

**WE HAVE  
YOUR  
BACK**



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